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Bangalore Mirror ON SATURDAY

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Namma Clinic that opened more than a year ago yet to have basic amenities such as water supply

BARE WITH US

Building housed veterinary hospital that shut down in 2015

| Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

> **"Why did the veterinary doctor not take measures to clear water bill arrears and transfer the water meter to the BBMP?**
> — Arun Prasad, social activist

Namma Clinics were inaugurated with much fanfare by the then Chief Minister Basavaraj Bommai in February 2023.

The arrangements made for the inauguration and selection of the locations had invited much criticism from residents of respective wards back then.

The authorities concerned were expected to ensure basic amenities at Namma Clinics but in vain. Some of Namma Clinics that opened more than a year ago are yet to have basic amenities; the Bruhat Bengaluru Mahanagara Palike (BBMP) and other government department officials are, as usual, busy in the blame game.

For example, a Namma Clinic was opened at Hombegowda Nagar last year for the benefit of the poor and lower-middle class. The residents felt elated about having an amenity to avail medical consultation and treatment free of cost. The staff members of the Namma Clinic who joined duty did not know about the lack of water supply at their workplace.

The staff members came to know about the lack of water supply on the same day and informed about it to their higher authorities but in vain. Due to lack of water supply, it has

CONTINUED ON PAGE 12 »

Lay of the cables

Vehicle-mounted fully automatic equipment to locate faulty underground cables

| Melvin Mathew
c-melvin.mathew@timesgroup.com
TWEETS @BangaloreMIRROR

The Bangalore Electricity Supply Company will soon be able to automatically detect the location of faulty underground cables.

The company is procuring six vehicle-mounted fully automatic equipment to locate faulty underground cables.

BESCOM is planning to procure the equipment in a measure to ensure the safety of consumers.

The company has floated the tender for the design, manufacture and supply of vehicle-mounted cable fault-locating equipment on low, medium and high-voltage underground cables up to 33KV.

At the click of a button, the system will be able to perform multiple tests such as integrated insulation testing, DC testing, pre-location of fault, breakdown voltage recognition, sheath testing alongside identifying fault location.

The cable fault will be identified and analysed using computer software. The system will also be able to assist the operators through the entire process of fault location identification and testing. The pre-located fault location will be available to

CONTINUED ON PAGE 12 »

HC gives green light to resume 'board' exams

After careful deliberation, the verdict is out to resume the exams for classes 5, 8, and 9 and evaluate class 11 papers

Sridhar Vivan
sridhar.vivan
@timesgroup.com

TWEETS @sridharvMirror

The 'board' exams for grades 5, 8, 9 and 11 are set to resume from March 25, following the Karnataka High Court's decision on Friday that allowed the state government to proceed with their exams for the academic year 2023-24. The division bench, comprising Justice K Somashekar and Justice Rajesh Rai K, made this decision that overturns the March 6 order issued by a single-judge bench after the state government appealed against the earlier ruling. The single judge's verdict invalidated the state government's October 2023 decision to conduct board exams for these classes through the Karnataka State Examination and Assessment Board (KSEAB).

The judge said that the scheme for conducting these exams lacked the necessary framework provided by Sections 22 and 145 of the Karnataka Education Act, 1983, which require the formulation of rules for implementing the examination system and input from stakeholders before finalising them. The division bench's ruling interpreted the state government's notifications regarding the board exams as guidelines rather than strict regulations, based on its understanding of the powers granted under the Right of Children to Free and Compulsory Education Act, 2009. This decision now allows the government to resume and complete the paused exams for classes 5, 8, and 9, as well as finish evaluating the exams conducted for class 11. The exams for classes 5, 8, and 9 were halted midway following a judgement by the apex court, causing uncertainty among students and educational institutions.

> **"We plan to challenge this ruling in the Supreme Court through a special leave petition**
> – Lokesh Talikote, president, Recognised Unaided Private Schools Association

Additionally, the bench directed the government to consult with stakeholders before issuing a formal notification to conduct board exams for the next academic year. This emphasis on stakeholder input aligns with inclusive decision-making principles and ensures that the concerns and perspectives of all relevant parties are considered.

These legal proceedings also involved interventions from the Supreme Court. Initially, the division bench issued an interim order on March 7, supporting the government's stance on conducting the exams. However, it was overturned by the SC on March 12, instructing the bench to thoroughly review the appeal on its merits. After hearing arguments from both the state government and petitioner-school associations on March 18, the division bench deliberated on the matter and delivered its verdict on Friday.

Welcoming the verdict, D Shashi Kumar, general secretary, Associated Managements of Primary and Secondary Schools, said, "The exams had caused significant confusion, and the HC's ruling has brought clarity. I urge the education department to restart the exams promptly to alleviate students' exam-related stress. This situation also prompts a discussion on the RTE Act. Education department officials must ensure that exams are conducted to uphold education quality."

Furthermore, Lokesh Talikote, president of the Recognised Unaided Private Schools Association (RUPSA), stated that they have been advocating for students' interests during the legal battle over the past 15 days. "While we respect the verdict, we believe it could impact students negatively. The RTE Act stipulates no exams from grades one to eight, so conducting board exams for fifth and eighth classes raises questions. We plan to challenge this ruling in the Supreme Court through a special leave petition," he said.

Boarlets pulled out from pits to safety

Iffath Fathima
Iffath.Fathima
@timesgroup.com

TWEETS @BangaloreMIRROR

In a heartwarming rescue effort, People for Animals (PFA) swiftly responded to a distress call on March 17 concerning two stranded baby wild boars at an abandoned construction site near Sulikere. The rescue team, comprising Salman, Mohan, and Jagadeesh, sprang into action to aid the distressed boarlets.

Upon arrival, the team discovered the two boarlets trapped in a pit, presumably separated from their mother while seeking water. Severely dehydrated and sporting minor abrasion wounds from their fall, the baby boars were in need of urgent assistance. PFA's chief veterinarian, Colonel Dr Nawaz Sharif, noted their condition and said that they were not dehydrated. Promptly, the team administered first aid, cleansing the wounds and applying ointment to ensure their comfort and well-being.

To facilitate their rehabilitation process, a specialised enclosure was erected, providing a safe haven for the boarlets to recuperate and acclimatise to their surroundings. The enclosure boasts amenities tailored to mimic their natural habitat, including ample water for wallowing, slush for temperature regulation, and dry, loose mud for digging, which are essential behaviours for foraging in the wild.

Moreover, shade nets envelop the enclosure, offering protection from stress-inducing elements while ensuring proper ventilation. Inside, an artificial cave provides a sanctuary for the boarlets to seek refuge and security. As part of their dietary transition, milk and fruits have been provided, which will gradually shift to a diet of fruits, vegetables, and roots, supplemented with essential vitamins. Regular deworming treatments are scheduled to safeguard their health.

> **Enclosure provides tailored amenities along with shade nets, ample water, and proper ventilation**

Dr Sharif emphasised the meticulous care provided to the boarlets, underscoring PFA's commitment to their rehabilitation and eventual release back into their natural habitat. He expressed gratitude to the dedicated rescue team for their swift and compassionate response, highlighting their role in safeguarding wildlife in distress.

BM win-win contest

Holi is a festival of music, colours, dance, and fun with friends. If you have not yet made a plan of where to spend the festival, don't worry, **Bangalore Mirror** has your back. We know this festival calls for a mega party with a DJ, dance, organic colours, music and more. So don't miss out on this chance to be part of the best party in the city. All you have to do for us, is to let us know a bit more about you and the chance is yours.

The first few most fun answers can win passes to Colour Splash 2024 at The Leela Bharatiya City on March 25.

Put on your liveliest thinking cap and let us know in less than 200 words:

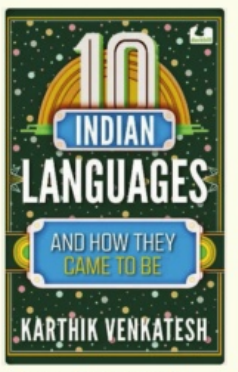
Which is the song that describes your Holi mood the best?

Write to us at 9591233247

Go on!

2 THINGS TO DO

01 Linguistic nuance



Spend a lovely evening engaging in a fun quiz followed by a discussion and author's conversation with Ramjee Chandran at the book launch of Karthik Venkatesh's '10 Indian Languages and How They Came to Be.' The book talks about ten Indian languages of the thousand-odd languages spoken in India and their evolution, transformation, and development. **When: March 23, 5 pm; Where: Champaca Bookstore**

02 Mismatched

German Spotlight, a joint project of the Goethe-Institut/Max Mueller Bhavan and Sandbox

Collective, presents this year's third reading, 'Innocence,' a play written by Dea Loher and directed by Priyanka Chandrasekhar. It weaves together the lives of seemingly unrelated characters, each grappling with their own struggles and questions about belief, guilt, regret, redemption, responsibility, morality, and compassion in a world that has failed them. **When: March 23, 6.30 pm; Where: Goethe-Institut/Max Mueller Bhavan**

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RAJMOHAN SUDHAKAR

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Red flags in run up to Lok Sabha polls

One of the defining images of an oil spill - from the gulf war - is of sea birds covered in crude oil sludge, unable to shake it off their wings, wading through patches of oil-coated sea-water, eventually succumbing to the tragedy of it all.

This instance, of an absolutely preventable catastrophe, was designed and paid for by the world's most powerful humans pitted against the less powerful ones just decades ago, and yet it persists.

Ahead of the most critical parliamentary election, which can unrecognisably alter India's sociopolitical trajectory, the power centres are dragging the less powerful and the less fortunate into their vile schemes at home and elsewhere — if one is to contextualise the humanitarian crisis in Gaza or othering of peoples in this part of the world for electoral gain.

Now the picture of India's exhausted electorate readying to send the next set of representatives to the lower house of the parliament paints a bleak picture reminiscent of birds caught in an oil spill.

The world's largest electorate - in the most populous democracy - is collateral damage, like the oil-defiled avians, in an imploding democratic discourse as politicians lobby for continuity of power.

No doubt, power centres have decided to gamify the agencies mandated to ensure checks and balances, not only for continuity in power, but sadly for the bleak outlook of India's democracy, and surely for the rising fortunes of India's richest individuals, nevertheless.

To deprive the largest electorate of choices is an extraordinary gamble on the lives of tens of millions. In the once-in-five-years celebration of democracy, the stakeholders must rise above the digital cacophony that has enslaved us into submission and made the collective a pandemonium of knee-jerk reactionary antics; not only must they exercise the democratic franchise wisely, but act responsibly in favour of the larger collective once again, and not let the digital tools of misinformation and divisive politics, the new spawns such as so-called AI, get the better of the most diverse democracy.

More importantly, in the interim period after a government has completed its term, as the election regulator announces the date of the parliamentary polls, there is a transitional period; the power exercised by constitutionally mandated agencies at this juncture is highly critical and at times plays a decisive role in the outcome of the elections.

As the nation is busy breaking down the electoral bonds fiasco, and some conveniently distracted by the grandstanding of opinion leaders in press conclaves just as

they are in pre-parties of billionaire weddings alongside Bollywood star-dancers, the ensuing tyranny shall not be a burden to bear only for those who flag ever-critical concerns the electorate shall in earnest turn its focus to in a crucial election year.

The press in this country has never been so dormant. This is in stark contrast to what the mainstream media did in the spring of 2014. It did not shy away from activism in similar circumstances at the time when a propped up anti-corruption movement was staged against the incumbent government.

If the so-called 2G controversy of 2014 turned the political fortunes of the opposition then, why the unconstitutional monetary transactions - the electoral bonds - that helped the incumbent sustain in power isn't aiding the prospects of the opposition today is a paradox — a case study for political and social scientists.

One could argue it is largely because there isn't the press championing the cause and campaigning as it did in 2014 to give wings to the political opposition or even birth a new political party or leaders, as the embattled Delhi chief minister behind the bars now. Even the uninitiated could glean what is at play in 2024 when the concept of political opposition has diminished under the weight of underhanded tactics. When a leader from the primary political party in the opposition holds a presser to stress on how the outfit is struggling to reach out to the electorate as its bank accounts are frozen, the press is seemingly uninterested.

Congress leader Rahul Gandhi in his address to the media the other day stated that as the grand old party's accounts are frozen, the outfit is cash-strapped and deprived of resources to mount a sound campaign — Gandhi said the party has suffered immensely due to the financial crunch. And he wondered why the election commission is not taking note. Likewise, arresting a democratically elected chief minister on the eve of the election is another nail in the coffin of democracy.

The news cycle is filled with stories that reveal how much corporate entities have donated to the political party in power at the centre, and those in the states. And the BJP emerged as the beneficiary with the obvious advantage ahead of the most critical election.

Apartment complexes can sell treated water

State govt allows 50% of water collected from sewage treatment plants to be sold for purposes such as construction

Bangalore Mirror Bureau
mybangaloremirror
@timesgroup.com

TWEETS @BangaloreMirror

The Karnataka Government has given a nod to residential complexes in the city to sell a maximum of 50% of treated water collected from their Sewage Treatment Plants (STPs). In this regard, a notification was issued on Thursday with detailed instructions, stating that apartment complexes can sell their excess water for purposes such as construction, horticulture, firefighting, mining, and recharging groundwater tables.

The decision has been taken in the wake of the ongoing water crisis.

Regarding the quality of treated water, apartments will have to stick to standards prescribed by the Karnataka State Pollution Control Board (KSPCB). Further testing and ensuring water quality before purchasing would be the responsibility of sellers and buyers. As per the notification, the treated water should have a pH value ranging between 6.5 and 8.5, biological oxygen demand should be less than 10mg/l, chemical oxygen demand should be less than 50mg/l, total suspended solid value should be less than 10mg/l, ammonical nitrogen concentration should be below 5mg/l, total nitrogen level should be less than 10mg/l and faecal coliform concentration should be below 100 MPN/100ml.

The decision was taken after Bangalore's Apartment Federation tabled the proposal to sell treated water sometime back. BAF, in its proposal, had highlighted that a good portion of treated wastewater is being let down the drain because the units generating them do not need so much water.

A vendor sells clay water pots amid the ongoing severe summer

> **"Construction requirement of the city is a bit over 500 MLD per day. While BWSSB can supply nearly 300 MLD, the gap can be filled by housing complexes**
>
> –Satish Mallya, BAF

The notification also mentions that those units selling treated water should follow certain security measures on their premises such as maintaining a logbook and CCTV surveillance. Moreover, the vehicle transporting this water should be labeled "reuse water transport vehicle".

"It is a welcome move. BAF will soon convene a meeting with CREDAI and discuss the modalities since we already have an MoU with them. Construction sites will be our primary targets. The construction requirement of the city is a little over 500 MLD per day. While BWSSB can supply nearly 300 MLD, the gap can now be filled by residential complexes, reducing the construction industry's dependence on groundwater," said Satish Mallya, vice president of the Bangalore Apartments Federation (BAF).

Over a week ago, the state government issued another notification, revising rules around the establishment of STPs in existing housing societies, apartment complexes, commercial construction projects, educational institutions and townships, and area development projects.

As per that notification, in areas with existing sewer lines and STP of local bodies, all residential societies, housing projects, and apartments with 120 units and above or generating sewage of 80 KLD and above will have to install STP. "We are planning on encouraging apartments with fewer than 120 units to install STPs and treat wastewater. We can also tie up with the horticulture department and farmers in the surrounding areas. The idea is for every housing society to be self-sustained and be prepared for future crisis events," added Mallya.

ISRO's step towards realising Indian space shuttle 'Pushpak'

India progressed further in its attempt to realise a reusable launch vehicle (RLV)/ rocket named 'Pushpak' by successfully test landing RLV LEX-2 on Friday at the Aeronautical Test Range (ATR) in Karnataka's Chitradurga.

According to Indian Space Research Organisation (ISRO), the RLV LEX-2 demonstrated the autonomous landing capability from off-nominal initial conditions at the release from a helicopter.

The 'Indian space shuttle' the winged Pushpak was lifted by an Indian Air Force helicopter and was released from 4.5 km altitude.

Post release, Pushpak at a distance of 4 km on its own approached the runway along with cross-range corrections.

Pushpak landed precisely on the runway and came to a halt using its brake parachute landing gear brakes and nose wheel steering system, ISRO said.

For the second time ISRO successfully completed a test landing of its RLV.

"The mission successfully simulated the approach and high speed landing conditions of RLV returning from space. With this second mission, ISRO has revalidated its indigenously developed technologies in the areas of navigation, control systems, landing gear and deceleration systems essential for performing a high speed autonomous landing of a space returning vehicle," the Indian space agency said. **–IANS**

Race hotting up for BTC membership

Elections to Bangalore Turf Club are to be held on March 25

The big race for the Bangalore Turf Club (BTC) membership is hotting up. The elections scheduled to be held on Monday, March 25 have attracted a good number of high profile businessmen, a couple of horse owners, a solitary trainer, and a famed doctor, seeking membership to the high profile racing club.

As many as 14 contestants are in the fray for the eight seats on offer and the cards promise an intense struggle for supremacy.

Well going by news making round in the BTC campus, the four frontliners who appear to have seized the initiative in the hot race and are out in front and likely to top the list are: Dr Nagesh, Director of Institute of Gastroenterology and organ Transplant, Karthik Basappa, Pravindra and trainer Aravind Ganapathy.

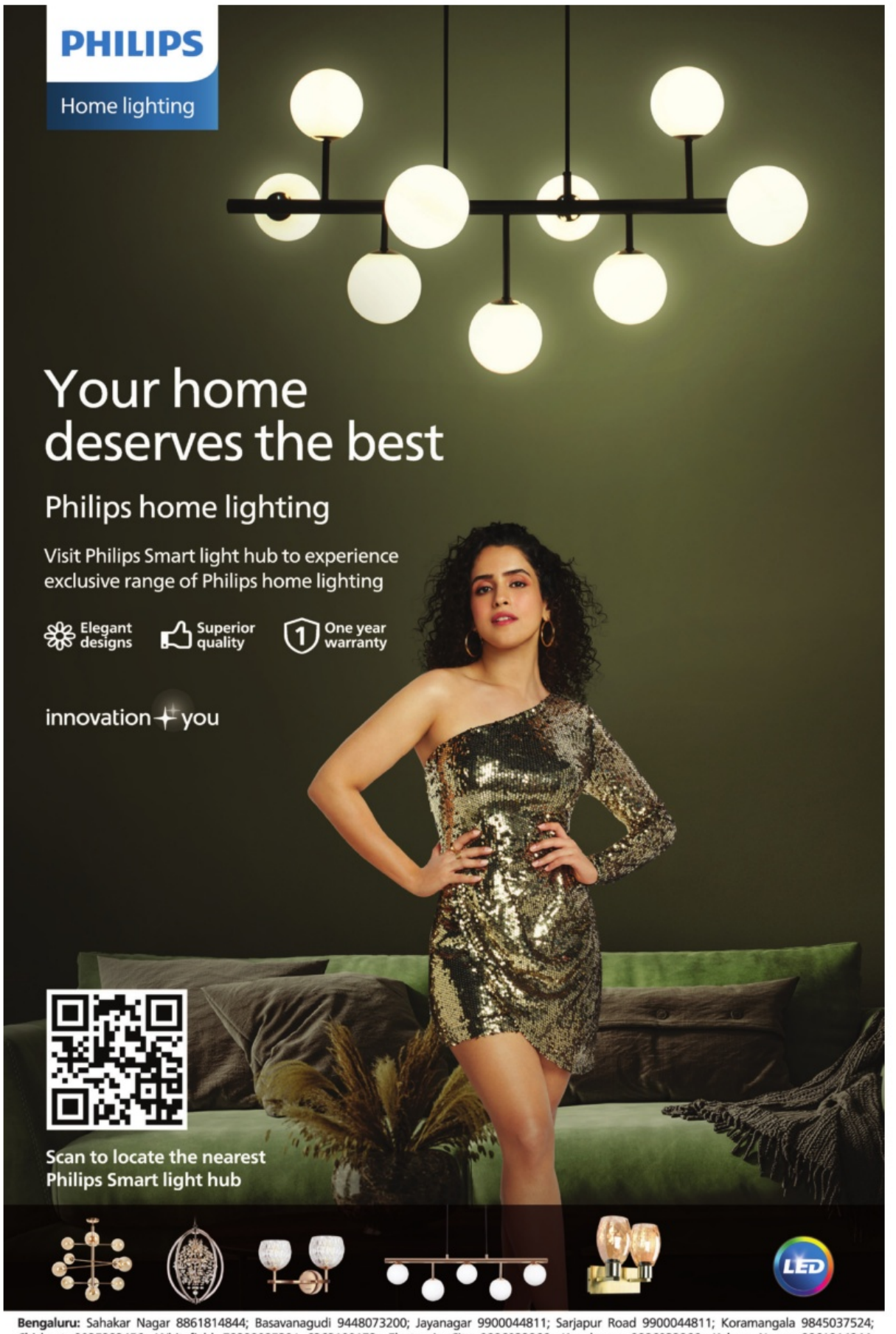
Hot on the heels of the fancied four are Kailash Muddanna, Kush Mehta and Abhishekh Poll.

The two owners, CV Prasad Rao and Subash Baliga, who have made investments in the game, Rao playing the role of a promoter, readily sponsoring a race this winter are also in with a definite chance taking into account that the members this year are favouring candidates who have a stake in the game.

The young brigade too are looking up to support the investors realising that racing clubs need good owners.

But all said and done BTC elections are tricky and it will come as no surprise if one of the hot favourites bites the dust.

-Ikram Khan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Mission emission control to be placed under 1 umbrella

Centralised emission testing system promises secure pollution control certificates

Melvin Mathew
c-melvin.mathew@timesgroup.com
TWEETS @BangaloreMirror

An emission testing centre in Bengaluru

With a 4 to 7 per cent increase in vehicle registrations in Karnataka, the Transport Department aims to centralise all Emission Testing Centres (ETC) under a central server and issue secure Pollution Under Control Certificates (PUCC) through the system. Additionally, the department plans to develop an app for emission testing for vehicle owners.

Currently, there are 2,460 ETCs in Karnataka, with 562 in Bengaluru and 1,898 in other places. The Transport Department intends to bring all computerised ETCs under a central platform for enhanced analysis and physical inspections. The department will mandate software ensuring tests meet maximum standards.

Vehicles passing the test receive a PUCC issued by ETCs, valid for 6 months for other vehicles and 12 months for BS-4 & BS-6. The department plans to provide secured certificates to ETCs through the Transport Department/Authority to prevent fake certificates.

The project will be implemented in phases. The software will be uploaded in all ETCs, with a trial run in a specific centre. In the first phase, 609 ETCs will be covered, followed by 1,491 in the second phase. The move responds to a 4-7 per cent yearly increase in vehicle registrations. In 2023, Karnataka saw 2,99,98,925 vehicles registered, with 71 per cent two-wheelers, 14 per cent light motor cars, 3 per cent autos, and 12 per cent other vehicles. The Transport Department has floated a tender for the Selection of a Service Provider for ETC Networking in Karnataka under the BOOT Model. The selected provider will develop and deploy emission testing software and create a mobile app for vehicle owners.

The software will be uploaded in all ETCs, with a trial run in a specific centre. In the first phase, 609 ETCs will be covered, followed by 1,491 in the second phase

New ETC licenses are issued only after detailed inspection of centres and fulfilment of prescribed norms as specified in Rule 231(B) of Karnataka Motor Vehicles Rules, 1989. Emission Testing Centres must keep approved Gas Analysers (for Petrol/LPG/CNG driven vehicles) and Smoke Meters (for diesel vehicles), maintained properly by calibration. Instructions for proper functioning are issued, and periodical inspections ensure centres operate correctly.

Fund misuse cloud over apartment owners' association

District registrar imposes restrictions on fund usage amid inquiry; apartment members raise concerns

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

According to the latest notice from the District Registrar of Cooperative Societies, it appears that there are issues within the Kendriya Vihar Apartment Owners' Association, Yelahanka. The Registrar has directed the administrative panel of the association not to utilize funds reserved in the bank to collect money from the apartment owners for painting the apartment complexes or to undertake any civil works until the ongoing inquiry is concluded.

The Registrar of Cooperative Societies, First Division, Bengaluru District, issued an order on March 18 based on a complaint lodged by Chandrasekhar and 25 members of the Kendriya Vihar Apartment Owners' Association. The order restricts the withdrawal of funds from the bank accounts of Kendriya Vihar Apartment Owners' Association.

"We have received a complaint against the working style of Kendriya Vihar Apartment Owners' Association. An inquiry officer has been appointed under Section 25(1) of the Karnataka Cooperative Societies Act, 1960, to probe into the allegations made against Kendriya Vihar Apartment Owners' Association. You can pay wages for sweeping, security, electricity, and water by collecting money from members. No money should be withdrawn from the bank accounts of Kendriya Vihar Apartment Owners' Association," stated the District Registrar for Cooperative Societies in the notice.

Dr Suneel Kumar Hebbi commended the District Registrar for Cooperative Societies for imposing restrictions on the withdrawal of money from bank accounts. He pointed out that the issue with the Kendriya Vihar Apartment Owners' Association lies in its executive committee members' reluctance to entertain queries from other members regarding the utilisation of funds collected from them. "Some individuals attempted to damage my vehicle when I raised questions about the association's fund usage. They insisted that each flat owner should contribute around Rs. 50,000 for painting, with the amount varying based on the flat size. Considering there are approximately 600 flats in the complex, this imposes a significant burden on flat owners," stated Dr Hebbi. He also mentioned that some senior citizens are facing alleged discrimination based on language. "They informed me that the police didn't assist them when they sought help," he added. Meanwhile, the Kendriya Vihar Apartment Owners' Association secretary was unavailable for comment.

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Garbage up in flames

KR Puram

The most polluted area in the city is right behind the BBMP office in KR Puram. Every day, a heap of garbage is burning in the name of segregation. The entire area, including the BBMP office premises, is covered with smoke.

Clear the weeds

Residency Road

This and several other potted plant baskets have deteriorated, with only wild grass and weeds growing, presenting a sordid appearance.

Blocking the drains

HAL

The owner of a store is not allowing to open a drain at HAL 3rd Stage, 10th Main, opposite Meenakshi Electricals.

FROM SONRISE TO SONSTROKE

A look at various familial factors at play in state's parties ahead of LS polls

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharVMIRROR

As Karnataka gears up to vote for the next Lok Sabha polls, it appears that the current situation can be termed as a transition from 'son stroke' to 'son rise,' or rather the rise of a new generation of family members. In fact, it is a well-known fact that the internal feud in the BJP is due to this factor.

While former Chief Minister BS Yediyurappa ensured that his son BY Raghavendra entered the poll fray as an MP candidate from the Shivamogga constituency, his once-close friend turned bete noire KS Eshwarappa is now the victim of 'son stroke' as he is disgruntled with the saffron party for not granting a party ticket to his son KE Kantesh. This is why Eshwarappa has raised the banner of revolt and wants to contest against BSY's son to seek revenge for not giving his son a ticket, aiming to defeat BSY's son.

Examining the candidate profiles reveals that the offspring of prominent Congress leaders are trying their luck in the upcoming Lok Sabha polls. Forest Minister Eshwar Khandre has secured nomination for his 27-year old son Sagar Khandre from Bidar, while Women and Child Welfare Minister Laxmi Hebbalkar's son Mrunal has secured a nomination for Belagavi. Former Assembly Speaker MV Venkatappa's son, Prof MV Rajeev Gowda, is set to represent the Congress from Bengaluru North.

Daughters not left behind

Dughters too are making a mark, with PWD Minister Satish Jarkiohli's daughter Priyanka Jarkiholi fielded from Chikkodi, Transport Minister Ramalinga Reddy's daughter Soumya Reddy from Bengaluru South and Minister Shivanand Patil's daughter Samyukta Patil from Bagalkot. The Congress is yet to announce a ticket for Chamarajanagar, where Social Welfare Minister Dr HC Mahadevappa's son Sunil Bose is a strong contender.

In Kalaburagi, AICC president Mallikarjun Kharge has chosen not to contest but has secured a ticket for his son-in-law Radhakrishna Doddamani to run this time.

In Shivamogga, the Congress is nominating the daughter of former CM S Bangarappa (who is the sister of Madhu Bangarappa, the Minister of Primary and Secondary Education, and the wife of actor Shivaraj Kumar). In Koppal, MLA Raghavendra Hitnal's brother Rajashekar has received a ticket. It has been confirmed that DK Shivakumar's brother, DK Suresh, will contest from Bengaluru Rural Congress has selected Prabha Mallikarjun, the wife of Minister SS Mallikarjun, to run in Davanagere.

From the JD(S) , Prajwal Revanna, the son of MLA Revanna and the grandson of HD Devegowda, is likely to be nominated from Hassan. However, BJP leaders and members have expressed disapproval.

HC stays probe against Karandlaje

The Karnataka High Court on Friday stayed further investigation in a criminal case filed against BJP MP and Union Minister Shobha Karandlaje over her statement during a protest in Bengaluru, where she linked a suspect in the Rameshwaram cafe blast here with Tamil Nadu. The Election Commission Flying Squad initiated the case, which was registered under sections 123(3), 123(3A), and 125 of the Representation of People Act at Cottonpet Police station.

The sections refer to promotion of feelings of enmity or hatred between different classes of the citizens of India on grounds of religion, race, caste, community, or language.

Justice Krishna S Dixit, presiding over a single judge bench, issued notice to the concerned parties and paused the ongoing investigation.

The judge advised Karandlaje to exercise caution in her public statements, emphasising that leaders from all parties should show restraint to maintain a civilised society. He expressed concerns about India's future if such decorum is not upheld.

Advocate Venkatesh Dalwai, representing Karandlaje, argued that the alleged offences were not exactly election offences.

The court, questioning the severity of the charges and invoking freedom of speech, pointed out that a democratic society like India shouldn't restrict speech akin to a totalitarian regime like Nazi Germany.

The government's advocate mentioned the involvement of the Flying Squad officer in filing the case, and suggested potential charges under a different section of the Indian Penal Code (IPC).

Consequently, the court upheld the accused's right to free speech and stayed further proceedings in the case pending a detailed examination of the charges and legal frameworks involved. **PTI**

Gold, clothes seized; 1 held

The Customs officials on Thursday arrested a personal and seized half a kg of gold transported in a bus as well as clothes stocked at a godown in violation of the Model Code of Conduct in Chikkamagaluru and Shivamogga districts of Karnataka, officials said.

The gold (whose value could not be ascertained) was carried in the Karnataka State Road Transport Corporation (KSRTC) bus.

The authorities acting on a tip-off seized the gold chains and rings at the Magadi check post in Chikkamagaluru taluk. One passenger has been taken into custody and authorities are questioning him about the transportation of the gold. The election officials also raided the godown in KR Puram of Shivamogga. **–IANS**

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Nelamangala & Bidadi are hot favourites for property buyers

Are you planning to build a dream home, then you need not worry as the city's outskirts offer a lot of property to meet the budget. Places like Nelamangala and Bidadi are now turning hot favourites for property buyers. "There is a wide range of plots available catering to various budget segments, from affordable options for low-income groups to luxurious properties for constructing villas. We aim to provide diverse options in plot availability, ranging from budget-friendly plots to premium segments. Our goal is to ensure that everyone, regardless of their budget, can find a suitable property to invest in," said Suresh Gowda, a realtor.

Realtors say that low-income groups often seek budget-friendly plots that allow them to fulfill their dream of homeownership without straining their finances.

These plots may be located in developing areas or planned communities, offering basic amenities and infrastructure at accessible prices. Realtors working with such buyers focus on affordability and value for money. On the other end of the spectrum, luxury plots attract buyers looking for exclusivity and premium amenities.

These plots are often located in prime locations with scenic views or proximity to urban centers. Buyers in this segment prioritize features like privacy, spaciousness, and customizability, willing to invest more for a unique living experience. KC Sreenivas, another realtor said, "The market demand for plots across different budget segments is significant.

We constantly work to expand our portfolio, offering a variety of options to cater to the diverse needs and preferences of our clients. Plots in the luxury segment continue to attract high-end buyers looking to build exclusive villas. However, we also recognize the importance of affordable plots for first-time buyers and low-income groups, making sure there are options available for every segment.

We always offer diverse options and buyers' appreciation for accessible yet quality properties contribute to a thriving and balanced real estate ecosystem. Whether it's a modest plot for a family home or a luxurious plot for a grand villa, there's something available for everyone in today's property market."

Nandini G, who works in a garments factory said, "As a budget-conscious buyer, having access to affordable plots is crucial. It allows me to enter the real estate market and build a home that fits my financial capabilities.

I appreciate the range of plots available in the market. It gives me the flexibility to choose based on my budget and preferences, ensuring I find the perfect property to invest in." Sunkanya Kumar, who stays in Yeshwanthpur said, "We had bought property long ago but now the area is very congested so we are planning to move to the outskirts so that we can buy a huge property for a lavish house. For those seeking luxury and exclusivity, premium plots offer the opportunity to create their dream homes. It's about finding the right balance between budget and aspirations."

– Prakash VL

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

ZONING OUT

An owl spotted near Old Airport Road

The picture was clicked by reader **KS Somasunder**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

Unending pothole peril

Pothole-ridden Kegguntepalya Main Road near Nagarbhavi Circle puts motorists at risk, makes parking difficult; citizens want road to be fixed

Sridhar Vivan
sridhar.vivan
@timesgroup.com
TWEETS @sridharvMirror

For many months now, motorists have been struggling with the poorly constructed road on Kegguntepalya Main Road. The road, which connects to Nagarbhavi Circle is riddled with potholes on both sides of the bridge, causing inconvenience and danger to drivers. Parking is also a challenge due to the elevated road in front of the bridge. Motorists find it difficult to navigate the road, especially when the signal on the main road is active, as they have to contend with the potholes while getting on or off the road. This situation has led to numerous accidents, with vehicles swerving to avoid potholes and colliding with oncoming traffic, resulting in injuries and financial losses.

"The dangers posed by the road extend beyond just vehicular accidents. There have been countless instances of passengers, especially women and children, losing control of their two-wheelers due to the uneven surface of the road. These accidents have resulted in numerous hospitalisations, with individuals suffering from broken arms and legs. Despite the evident risks and hardships faced by motorists and passengers alike, the concerned corporation officials have turned a blind eye to the issue, neglecting their duty to repair the road and ensure the safety of the public," said S Siva Prasad, a BM reader.

This situation has led to numerous accidents, with vehicles swerving to avoid potholes and colliding with oncoming traffic

Dire state of the road filled with potholes

Amidst these challenges, the efforts of the corporation officials to patch up the potholes on the main road of Kegguntepalya, a crucial connecting route to Nagarbhavi Main Road, are not enough. "These efforts reflect the dedication of some officials to alleviate the daily struggles faced by motorists in the area. However, more comprehensive measures are needed to address the underlying issues of road safety and infrastructure maintenance. The deteriorating condition of the road on Kegguntepalya Main Road poses significant risks to public safety and requires urgent attention from the authorities. By prioritising road maintenance and safety measures, we can create a safer environment for everyone on the road," said Suneetha, a resident.

DID YOU KNOW?

Bengaluru, also known as the 'Science City of India,' hosts the prestigious Indian Space Research Organisation (ISRO) and a myriad of research institutions. This bustling metropolis stands as a beacon of scientific innovation, spearheading India's advancements in technology and space exploration. With ISRO's headquarters nestled in its midst, Bengaluru serves as a nucleus for groundbreaking research and development initiatives, propelling the nation to new heights in space exploration, satellite technology, and beyond. Its contributions to scientific endeavours have cemented its status as a pivotal hub for innovation and discovery on the global stage.

GET HEARD WITH MIRROR

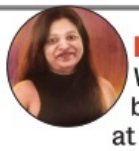
9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

where Bengalureans speak their mind

With the election dates announced, why do you believe everyone must exercise their franchise and participate in voting?



Nayana Reddy, BM Reader
With corruption going so worst it's better to participate in elections; at least we won't regret it later for our kid's generation. We should cast our vote and elect their representative who listen to our asks.

Ishika Kataria, BM Reader
Not voting is a little like not having a say in what you want for dinner. It may sometimes work out, but more often than not, you'll end up with a dish you don't like. Why not avoid that? Vote for what you believe. The right to vote is fundamental and what makes India a democracy.

Ajay Gopal, BM Reader
It is our right to exercise voting. We should lead by example to the next generations as to how we vote and why we vote. We should make it count and be involved in the process.

Hemanth D Pai, BM Reader
Exercising our voting rights is a sacred duty conferred on us by the Constitution. It is also an opportunity to bring to power the party/ person to fulfil our aspirations. By not voting we forfeit the moral right to criticise the party/ person in power

Siddarth Bhardwaj, BM Reader
Yes, irrespective of our political leanings we must participate in our festival of democracy. As taxpayers, it is our right to choose our elected representatives to make our woes and concerns heard

Anil Kumar, BM Reader
We must vote to choose the right representative to solve local issues and help in shaping the country's future with visionary leadership. When good people don't vote, the bad people rule.

SPEAK TO US

In what ways does Bengaluru's culinary scene influence your belief that it's the best city for food lovers?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

HEALTH TIP: Ginger may help relieve nausea and vomiting and aid digestion

Garlic is said to have ability to fight bacteria, viruses, fungi, and even parasites

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ALL WE NEED IS LOVE

Why stable relationships are 'poison control' in fighting trauma and stress in kids

Parents are often reminded to keep harmful substances out of their child's reach. But what if a child's experiences at home were as toxic to their health as household solvents and cleaners?

On a basic level, toxins are poisonous substances that lead to disease. Although not stored in a bottle or on a shelf, stress in childhood meets the criteria.

The phrase "toxic stress" describes the body's reaction to negative experiences that are not only intense and chronic but also caused by the absence of safe, stable and nurturing adult relationships. Toxic stress "gets under our skin" to change the way we respond to our environment and can lead to disease and disability across the lifespan. My research at the University of Florida focuses on stressful experiences during childhood and how these experiences relate to a child's health. We're making progress in uncovering which conditions are related to childhood stress and how we can prevent this.

Stress effect on body

When you are in a stressful situation, your brain prepares your body for one of three general responses: fight, flee or freeze. If you are attacked, for example, your body slows down processes that are not as important in that moment – like digestion – and speeds up processes that are important – like blood flow to muscles – so that you can either escape or defend yourself. When the crisis is over, your body goes back to its normal state. This ability to respond to and recover from stressful events is important for survival.

When a child experiences toxic stress, however, that child loses the ability to respond and recover appropriately. If a child lives in a household that uses violence to solve problems, for example, then his or her brain might regularly prepare his or her bodies to fight or flee. This situation gives a body very little time to recover and reset. This repeated response to stress also changes the way a body reacts to future events.

Some people who experience repeated stress become hyper-reactive, which might look like a quickness to react to situations and slowness to calm down. Others become hypo-reactive, which might look like a lack of awareness to situations that necessitate a response. Hypo-reactive individuals may fail to identify danger and become at risk for falling victim again.

The effects of toxic stress are also seen "under the skin." Experiencing repeated stress lowers our immune system and makes us more susceptible to illnesses, from the common cold to diabetes to asthma.

Adverse childhood experiences, also called ACEs, can cause toxic stress. Most researchers focus on a dozen or so adverse experiences: physical abuse and neglect, emotional abuse and neglect, sexual abuse, caregiver separation or divorce, caregiver mental illness, caregiver substance use, caregiver incarceration and domestic violence. Click here to see your ACE score.

In the first study of ACEs in the 1990s, researchers found that adults who reported experiencing three or more ACEs were more likely to have two of the top three causes of death of adults in the U.S.: heart disease and chronic obstructive pulmonary disease (e.g., emphysema or chronic bronchitis).

Experiencing three or more ACEs was also associated with substance use, depression, liver disease, multiple sexual partners, sexually transmitted infections, unintended pregnancy, suicide attempt and even early death.

Developing brain

Early childhood is a time for significant brain development. Given that brain development is affected by our environment, toxic stress during this time can be particularly problematic. In a recent study by my team, we examined adverse childhood experiences and health in a national survey of children aged 0-17 years. We included experiences like emotional abuse, financial struggles, caregiver divorce or separation, domestic violence, neighborhood violence and caregiver mental illness.

> **Having 3 or more adverse experiences was associated with nearly a six-fold increase in likelihood of having at least one physical and at least one mental condition**

We focused on how these experiences related to not just physical health (e.g., vision and hearing problems, asthma) but also mental health (depression, anxiety) and developmental outcomes like learning and intellectual disability in childhood.

We found that experiencing three or more of these adverse experiences was associated with a two- to five-fold increase in the likelihood of having at least one condition in each of the three health categories above.

Adverse experiences weren't just associated with increased likelihood of having one condition. Experiencing multiple forms of adversity was also associated with increased likelihood of having at least one condition in two categories. Most alarming was that having three or more adverse experiences was associated with nearly a six-fold increase in the likelihood of having at least one physical, at least one mental and at least one developmental condition.

These startling findings tell us two things about childhood adversity. First, negative health effects are seen before adulthood, and, second, they affect multiple domains of health and development simultaneously.

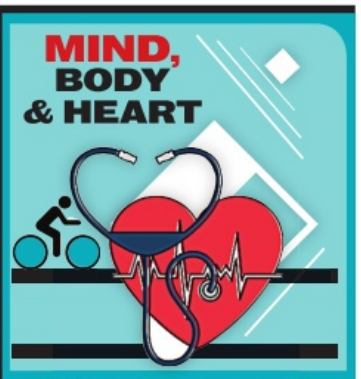
This means that the effects of childhood adversity and toxic stress can be seen in the pediatrician's clinic, the psychologist's office and the teacher's classroom.

Poison control

A critical component to toxic stress is that it occurs only in the absence of safe, stable and nurturing adult relationships. If children experience stress but also have a warm, loving adult to support them, then that child will be able to respond to and recover from even the most difficult of circumstances.

Conversations around child safety need to extend beyond helmets and cleaning substances to include toxic stress and its causes. Parents need to be armed with strategies for creating safe, stable and nurturing relationships with their children. Building these relationships can reduce childhood adversity, toxic stress, and subsequent disease and disability.

Melissa Bright, University of Florida, The Conversation



All you need to know about...

Intermittent fasting methods

The Sixteen/Eight Method
This method of intermittent fasting involves eating only for 8 hours of the day and fasting for the rest 16 hours. In the 8-hour window, you can fit in any number of meals according to your wish. But remember to eat healthily; bingeing on junk food will mean all your efforts will go in vain.
Tip: Eat balanced meals that include all macronutrients and micronutrients.

The Five:Two Method
Michelle Harvie and Mark Mattson introduced the 5:2 diet, which was popularised in the UK and Australia by Michael Mosley in 2012. In this intermittent fasting method, you eat normally for five days of the week. For the remaining two days, you have to restrict your calorie intake to 500-600. Again, be sure to eat healthy on the days you have free rein.

Eat Stop Eat Method
One of the best intermittent fasting for weight loss, in this form of diet, you fast for 24 hours once or twice a week. Water and other zero-calorie beverages are permitted during the fast but stay away from solid foods during the fasting period. This diet was popularised by fitness expert Brad Pilon.
Tip: Eat Stop Eat method is a recommended fasting diet for weight loss.

Alternate Day Fasting
Alternate day fasting involves fasting every other day, either by not eating anything or limiting your calorie intake to only a few hundred calories. Fasting every other day can be extreme, so avoid this diet if you're a beginner.

The Warrior Diet Method
Popularised by fitness expert Ori Hofmekler, the Warrior Diet involves eating a small number of raw fruits or vegetables during the daytime and eating a huge meal for dinner or eating within a four-hour window. Based on food choices, this is similar to a paleo diet.

Femina

A case of 'clinical minimalism'

CONTINUED FROM PAGE 1

become tough not only for doctors and nurses but also for outpatients. Though the location of the building is strategically apt, lack of water supply has become a main hurdle for people, especially senior citizens with co-morbidities, as they cannot use restrooms.

The building lost the water connection that was provided by Bangalore Water Supply and Sewerage Board before it became the clinic.

Prior to the opening of Namma Clinic, the building was being used for a veterinary hospital that shut down in 2015 along with 30 veterinary hospitals and clinics. The building has been lying vacant since 2015.

The water meter was in the name of a veterinary doctor and he has to pay the water tariff to the BWSSB every month. With the shifting of the veterinary hospital to a rural area, the veterinary doctor was also shifted and he could not pay the water bill. With the accumulation of water bill arrears, the BWSSB disconnected water connection to the building. If the BBMP engineer wants to convince the BWSSB authorities to restore water connection, the water meter has to be transferred to the BBMP and the veterinary doctor has to give a no objection certificate for this to happen.

It is alleged that the BBMP projects department renovated the building for opening Namma Clinic last year but did not inspect the premises to check whether it has water supply.

Expressing concern over the lack of water supply at the Namma Clinic, Arun Prasad, a social activist, said the Namma Clinic is a good option for people who want to have medical checkup and medicines free of cost if required.

"Why did the veterinary doctor not take measures to clear water bill arrears and transfer the water meter to the BBMP? The BBMP authorities must convince the BWSSB to restore water supply for the benefit of people visiting Namma Clinic," asked Prasad.

Meanwhile, BBMP south medical officer Dr Komala said she has been making arrangements to restore water supply at the Namma Clinic.

"I tried my best for a year to convince the BBMP projects department to facilitate water supply at the Namma Clinic but in vain. Now, I am making arrangements to purchase a water pump. I have also informed the BWSSB engineer to restore water supply," said Dr Komala.

How to detect faulty cables

Bescom employees covering an electrical junction box at BM Shree Circle with cardboard sheet

CONTINUED FROM PAGE 1

the operators with GPS location providing easier manoeuvring to the specific location.

Additionally, the project would also create a map of cable routes, fault locations, and routine collection of data about the cables.

BESCOM will also create a smartphone app which will provide remote access to the fault location system.

For this purpose, a centralised control unit will be set up by BESCOM. The control unit will be completely computerised and oversee all the functions. The unit will also monitor safety circuits such as the earth monitoring unit, and so on. There will be additional safety measures for the van while testing the cables, which will have to be followed.

The agency will also be required to run the project for the defined period as per the contract.

The project shall be helpful in ensuring the safety of pedestrians in proximity to the high-tension cables and in speedy resolution of faulty cables. The development of a digital cable map would also prevent cables from getting damaged in the event of civil works within the area.

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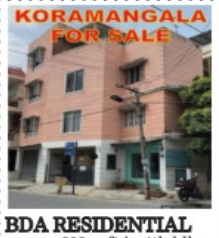

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CHANGE OF NAME

I Ananda Rooban Vaiyaghilingam S/O, Vaiyazhilingam Arumugam R/o Flat No B 401, Sai Sathyam Apartments, Divya Unnathi Layout, Hennur Gardens, Bengaluru - 560043 Karnataka have changed my name to Anandarooban Vaiyazhilingam.

I, Vanahalli Narahari, R/at #2, 1st Flr, MS Residency Building, 5th Cross, B Narayanapura, Dooravaninagar, Bengaluru-16 have changed my name to NARAHARI SHIVASHANKAR VANAHALLI vide affidavit dated 22.03.2024 before notary Anandkumar, Bengaluru

I Pucha Tejaswi Shyam Sunder s/o Shyam Sunder Pucha R/o #006, A-Block, Desai Golden Springs, Seegehalli B'luru-560067 Have Changed my name to Pucha Tejaswi. vide Affidavit Dt: 22/03/2024 before notary B S Padmaprasad,B'luru

I, Brijesh Shakya R/o No 303 Lakshmi Nivasam Building Swarna Meenakshi Layout Belathur Kadugodi, Bengaluru 560067 have changed my minor son's name from Manav Shakya to Vivaan Shakya for all purposes.

I Praveen Kumar Puttur Neeliah S/o, Mohan Ram Puttur Neeliah R/o Flat No 104 Edward H. No 37 Pottery Road Pulikeshi Nagar Fraser Town Bengaluru 560005 have changed my name to Praveen Kumar for all purposes.

I,NEELAKANATAYYA ward no.12 sonnashettihalli chintamani taluk chikkaballapur District. pin no.563125 Have changed my name to Neelakantayya for all future purposes Notary by advocate GS.SHIVAPRAKASH. RAO MA

I Syed Sharfuddin R/o No 13 Mosque Lane Kalasipalyam-560002 have changed my name to A Syed Sharfuddin.

I, TANYA, Residing at No Y5-202, Greenwood Regency, Adjacent Wipro Corporate Office, Sarjapur Road, Bangalore-560035, Have changed My name to TANYA AJAYKUMAR PUNJANI vide affidavit dated 18/03/2024 before Notary K.V.Mani Bangalore

I, Mohammad Ismail Ibrahim s/o Ibrahim Sab R/o #102 Neha Mahal Apt 1st Floor 9th Main Road Lakkasandra New extn B'luru-560030 Have Changed my name to Mohammad Ismail for all purposes.

I, Vijayalaxmi Hiremath w/o Mahalingayya C H, R/at # Flat No. F1 Dhiran Dhanush Enclave, JHS Gubbalala, B'luru 560061 have changed my name to Vijayalaxmi Somayya Hiremath, for all purposes

I Nikita Natholia W/o, Sachin Surolia R/o Flat No 304 Shyam Ambika , Netravathi Tent Road Yelachenahalli Bengaluru 560078 have changed my name to Nikita Surolia for all purposes.

I Lalita Ramesh Kadam W/O, Sivar Mannaji Ramesh R/o No 299, 5th Main, Near Wipro Park 1st Block, Koramangala, Bengaluru - 560034 Karnataka have changed my name to Lalita Kadam.

I, Navya Ajay Kumar w/o-Ajay Kumar Srikantaiah No 575, 43rd cross 8th block jayanagar Bangalore-560082 have changed my name to Navya Centala krishnaswamy for all purposes.

I Heena Devichand R/o #337, flat no. 302, Rajarajeshwari residency, 17th cross ideal homes , Rajarajeshwarinagar, B'luru-560098 have changed my name to Heena jain D.

I, Sunderesh Nair R/O No. 254 opp to Anganavadi, Gear School Road, Doddakannelli,Bangalore-560035, Have changed my name to Sundaresan Nair.

I, Taniya erram Syed D/o A Syed Sharfuddin R/o #13 Mosque Lane Kalaspalyam - 560002 have changed my name to Taniya Erram.

GET NOTICED

ಆರ್ಟಿಸನ್ಸ್ ಬಜಾರ್
Artisans Bazaar
There is a memory in every single piece of art.
Date : 22nd to 31st March, 2024
Timings: 11 AM to 7 PM
10 Days Exhibition / Entry Free
Arts, Crafts & Handlooms Exhibition
100+ Shopping Stalls | Live Performance & More
Entry Free!
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Grand Flea Market
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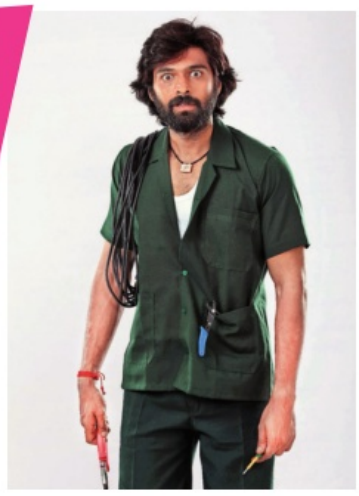
HANDLOOMS | HOME DECOR | HANDICRAFTS | CLOTHING | JEWELLERS

Simple movie with powerful message

LINEMAN (KANNADA)
3.0 RATING ★★★★★
- **DIRECTOR** Raghu Shastry
- **ACTORS** Thrigun, B Jayashree, Kaajal Kunder, Harini Srikanth, Mico Nagaraj, Kamala and Anjali.
- **Duration** 121 minutes
- **Certification** U



One needs a little bit of courage and determination to helm this kind of a movie that offers no scope for glamour, romance and action scenes. Director Raghu Shastry has done a commendable job to ensure that actors follow the story faithfully. A major portion of the movie was shot at a village near Chamarajanagar. The director deserves appreciation for selecting such a village for the shooting.

The movie opens with people of Chandakavadi making preparations to celebrate the 100th birthday of Sharadajji (B Jayashree), a midwife who has helped hundreds of pregnant women to have safe deliveries at the village over the years. Natesha aka Nata (Thrigun), a linemen who got the job on compassionate grounds, takes up the responsibility to organise the celebrations. Villagers, including drunkards, join hands with Nata to make Sharadajji's birthday celebrations a grand success. Nata, being a compassionate person, refuses to switch on electricity at night to households in the village. He tells the villagers about the need to lead life without electricity for a few weeks. What is the reason and how villagers, especially binge-watchers of TV, cooperate with Nata is what Lineman is all about.

The movie looks insipid in the beginning but it gains momentum during post-intermission. Its climax is loaded with a valuable message – all living things including birds and animals have the right to live and the need to create a conducive atmosphere for all to live in peace. The specialty of Lineman is that it emphasises on the importance of awareness of the environment. A portion of the movie was shot at night without any lights.

As far as performance of the actors is concerned, the presence of veteran actress B Jayashree adds value to this movie. Her dialogues and gestures are very good. Thrigun, known for acting in Telugu and Tamil movies, deserves appreciation for playing the lead that has no scope to showcase heroism. He looks sober and calm throughout the movie. Kaajal Kunder, Mico Nagaraj, Harini Srikanth, and Anjali provide good support.

It is worth a watch for those who like village-oriented movies.

-Y Maheswara Reddy

Tough look

Actor Shahid Kapoor, who is currently shooting for the new schedule of his upcoming adrenaline-pumping action thriller, 'Deva' in Mumbai, on Friday shared a fresh glimpse from the set of the movie, alongwith the director Rosshan Andrrews.

Last seen in the science fiction romantic comedy 'Teri Baaton Mein Aisa Uljha Jiya', Shahid took to Instagram, where he enjoys 46.3 million followers, and dropped an intense click from the set, wherein he can be seen wearing a black T-shirt and blue denims.

The snap shows Rosshan explaining something to Shahid, while the latter is carefully listening to the filmmaker.

The 'Jab We Met' actor is flaunting his chiselled arms, and short haircut.

The post is captioned: "Do what you love and you don't need to work another day in your life! Making movies is magic. On set DEVA."

Shahid gave the tune of the song 'Don't Stop Til You Get Enough' by Michael Jackson to his post.

Actress Pooja Hegde, who is starring alongside the 'Kabir Singh' fame star, commented on the post and said: "Roshan sir in swing".

The movie also features Pavail Gulati in a pivotal role. Both Shahid and Pavail will be seen pulling off high-octane action sequences, elevating the intensity of the film.

-IANS

Multi magic

Nora Fatehi explains how she likes to do many things well at the same time

Nora Fatehi noticed that some of her actor friends feel really down when their projects don't succeed. To avoid feeling the same way, she keeps herself busy with lots of different projects at the same time.

Nora Fatehi does a bunch of different things: she acts in movies, gives opinions as a judge on dance shows, makes music videos, and is very active on social media.

Nora will feature in a very interesting role in Kunal Khemu's directorial, "Madgaon Express." Speaking in an interview, she expressed that she had to toughen up to handle both the industry and social media.

In an interview with IndianExpress.com, Nora spoke about how the entertainment industry tends to put people into specific roles, but she doesn't hold anyone responsible for it. Instead, she focuses on improving herself and taking on multiple projects simultaneously to avoid feeling overwhelmed. She shared that she's observed her actor friends experiencing depression when their movies don't do well or when they struggle to find consistent work. When asked about navigating the industry and if they don't take her seriously because she's a dancer, she replies, I don't have a 'one-dimensional' answer to that.

Nora mentioned that it's challenging to explain because it's not a straightforward issue to blame others for. She expressed that the industry tends to stereotype people, which limits opportunities. Additionally, she noted that individuals often don't have the time to understand or explore others because they're focused on achieving success and mingling with influential figures. Nora emphasized that she doesn't hold anyone else responsible but herself. She believes it's her responsibility to continually demonstrate her diverse talents and capabilities to others. She acknowledged that it's a personal challenge she's actively tackling. Nora stressed the importance of self-improvement, recognizing that no actor or artist is flawless.

-ETimes

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Women take centrestage

Crazy Star Ravichandran is known for his hero-oriented films. Now, he is all set to act in a women-oriented movie. He is playing a lecturer in Tapasvi that is being helmed by Spencer Mathew under the Bengaluru Movies banner.

"Director Spencer Mathew was known to me when I was directing the movie Ravi Bopanna. He has been insisting that I act in this movie for the last six to seven months. The director told me that the movie has a strong message to society," said Ravichandran.

Spencer said he managed to start the shooting of the movie because of Ravichandran. "The movie, based on a real incident, has a strong message to society. Ravichandran is the right person to convey such a message," said the director.

Thanking the director and Ravichandran for the friendly atmosphere during the shooting, Ammayra Goswami said she was very happy and comfortable with the working atmosphere.

Sing a song

Debutant director Hayavadana is leaving no stone unturned to popularise his movie Ello Jogappa Ninnaramane. The latest initiative is to get playback singer Rakshitha Suresh render a song for the film. The song was recorded at a studio in Chennai.

Rakshitha Suresh, who hails from Mysuru, is known for her songs in the movies Katera, Love Mocktail, and Upadhyaksha.

According to sources, Rakshita's song will add value to the movie that has Anjan Nagendra in the lead. Venya Rai, who played the heroine in Bhavapoorna, is paired opposite Nagendra.

Sanjana Das will play an important character in Ello Jogappa Ninnaramane. "The title of the movie may lead people to think it is a movie based on a story of a rural area but its theme is quite different. It is a trip movie that highlights the bonding between father and son. It begins in Bengaluru and reaches the Himalayas. Its shooting was held at many locations in different states," the director said.

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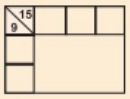
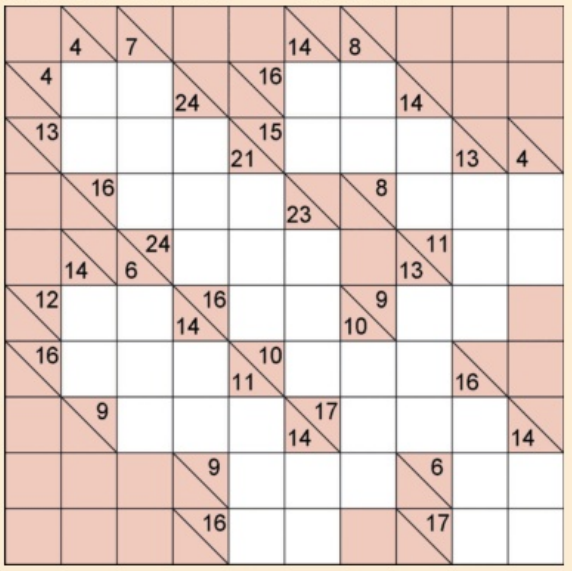
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

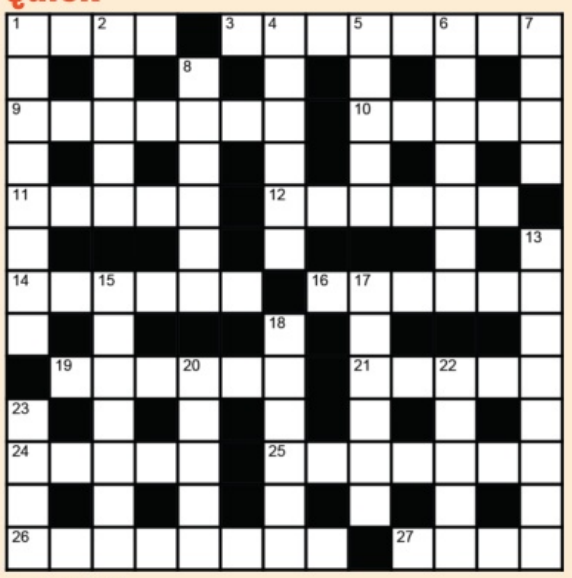


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Successor (4)
3 Extemporized (2-6)
9 ___ in : being a seller of? (7)
10 Drains slowly (5)
11 Sum up (5)
12 Make certain (6)
14 Metallic sheen (6)
16 Dweller on the Red Sea (6)
19 Period of immaturity (6)
21 Treat badly (5)
24 Self-evident truth (5)
25 Examining or trying (7)
26 It's ___ ___ : it should have happened a while back (4,4)
27 Alkaline solutions (4)

DOWN

1 Tipu Sultan's father (5,3)
2 British scientist ____ Newton (5)
4 Tenacious, grimly persistent (6)
5 Desktop symbols (5)
6 Supernatural, uncanny or unearthly (7)
7 Popular snack Masala ___ (4)
8 Capital of Assam (6)
13 Separates or gets further apart (8)
15 ___ of : gaining a victory over? (7)
17 Slip by or pass away, especially time (6)
18 Final section of large intestine (6)
20 Confess to (5)
22 Oneness (5)
23 Jet speed measure (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: B EQUALS U

PAAU RCYAD QJB NAAW GZA FCQ QJB JBXZG GJ NAAW FKG-ZJBG PAAU.

Linemaro

I like Legos, you like Legos, why don't we build a relationship?

Mindchow

How poor are they that have not patience! What wound did ever heal but by degrees?

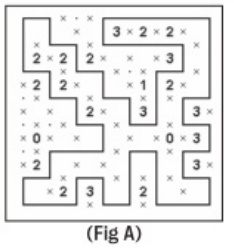
Joke of the day

If you can't beat them, arrange to have them beaten

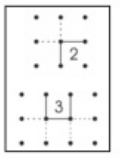
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

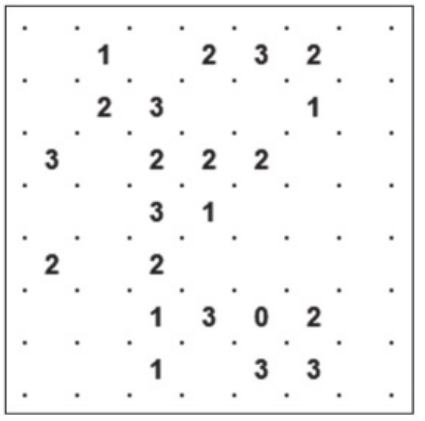


(Fig B) Not Allowed

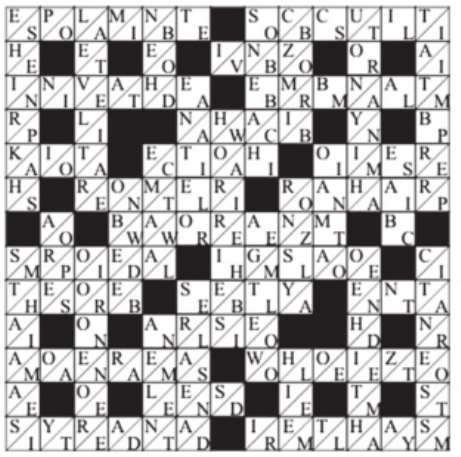
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



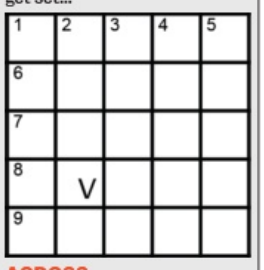
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

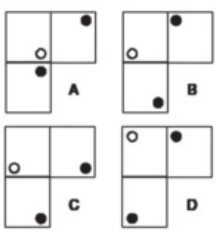
1 Deler; 6 Elgar; 7 Err of; 8 Id I've; 9 NY att.

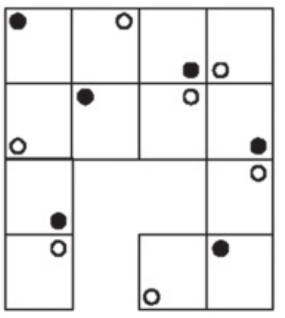
DOWN

1 In Elf; 2 V Lara; 3 I trod; 4 Greet; 5 Re Dye

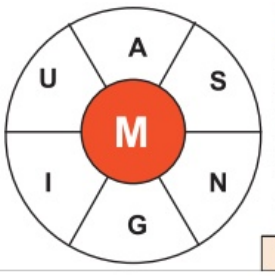
Mensapuzzle

Which is the missing section?





Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 06 Outstanding

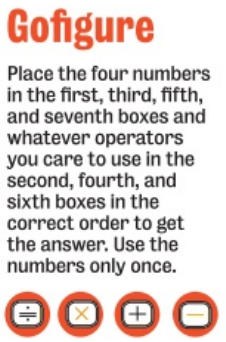
SudokuChallenge

	3		7		6		1	
6		4				5		8
9								7
		9	2		4	1		
	2			3			6	
		7	8		1	2		
2								1
4		3				7		9
	9		4		8		5	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 3

6 8 8 9

Medium = 18

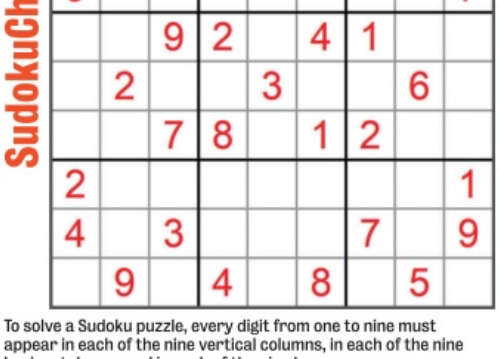
3 6 8 9

Hard = 24

3 5 7 5

Hocusfocus

Find at least six differences in details between panels.



Differences: 1. Stripe is added. 2. Patch on sleeve is larger. 3. Cap is different. 4. Face mask is different. 5. Home Plate is smaller. 6. Ear is smaller.

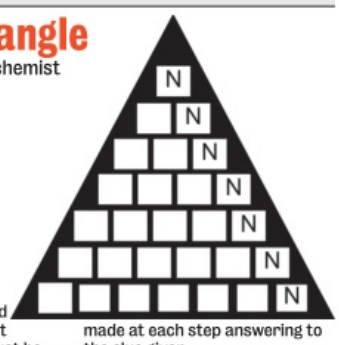
Riddler

A 3-letter word has been taken out of each of the following words. Can you figure it out?

___ K ___ NEL RE ___ D DE ___ CT

Alpha triangle

1 Nitrogen for the chemist
2 A's alternative
3 Moved rapidly
4 Gain by work
5 Black bird
6 Watering hole
7 Old hand

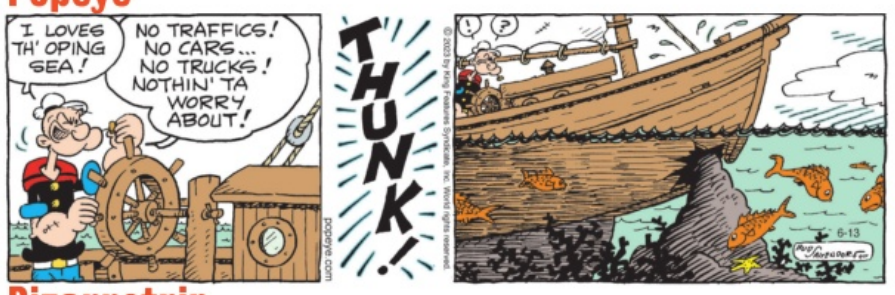


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

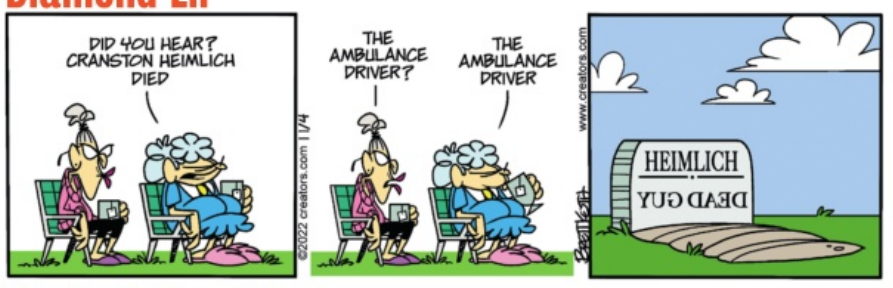
COMICS

Popeye



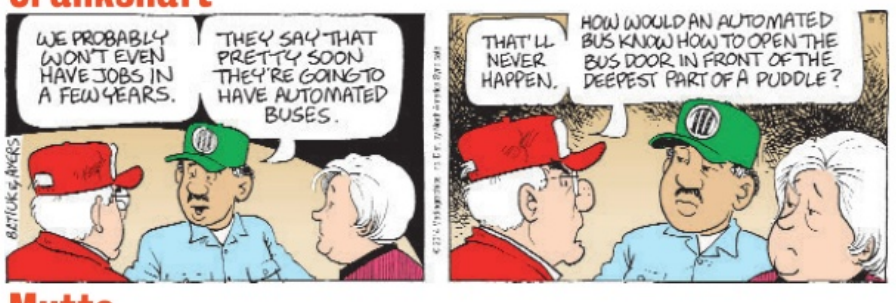
Bizarrotrip

Diamond Lil



Hart of the city

Crankshaft



Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today may be good for your professional life. This is a time when you may be busy on your professional and job fronts. You may become passionate towards your work, which may give you mental tiredness, making you unable to reach family or social gatherings on time. Your spouse may support you in maintaining domestic harmony. Love birds may expect to make important decisions regarding marriage. Job seekers may hear good news regarding suitable jobs with the help of friends.

Taurus Apr 21 – May 20
Today you are blessed by the moon, which may make you happy. You may be busy at work and likely to expand your network. With the help of elders' blessings, you will implement new plans into your work to achieve success in the near future. You may plan to visit close relatives or organise a party with friends.

Gemini May 21 – Jun 21
Today, there may be some feelings of dullness in you, making you sensitive and emotional. You may also experience some health-related issues, so it is advised to avoid rush driving. Keep an eye out for hidden enemies and opponents, as you might become a victim of conspiracy. Lovebirds are advised to be patient and avoid arguments on worthless topics.

Cancer Jun 22 – July 23
Today, you may try to analyse yourself and figure out your mistakes, boosting your confidence at work. Disputed matters in partnerships may likely be resolved, and warmth with your spouse may improve. Students may make quick decisions regarding their careers, and singles may find a suitable match.

Leo Jul 24 – Aug 23
Today, with the blessings of the moon, you may experience happiness around you. Projects that were previously stalled will now come on track, and your relationship with your spouse may strengthen. You may perform well at work, and singles may find a soul mate. Lovebirds may plan to convert their relationship into marriage, and there may be promotions in your job. Job seekers may find good opportunities.

Virgo Aug 24 – Sep 23
Today, with the help of blessings from elders, you may become more confident. Your working efficiency may increase, and you may start new innovations in business and work. You may see smart gains after making some investments. Opponents and rivals are now under control, and you may help a needy person, increasing your prestige. You may also bring some creative items for your home.

Libra Sep 24 – Oct 22
Today, things are mixed. You may be busy with kids and expect some short trips related to their academics. You will also enjoy romantic moments, and couples may hear good news regarding a new baby. You may plan outings with family or friends, and those in jobs may consider higher education to improve their skills.

Scorpio Oct 23 – Nov 22
Today may be somewhat disappointing, as you may feel impatient and unable to focus on your goals. It's advised to postpone investments in fixed assets for a while and take care of your parents' health.

Sagittarius Nov 23 – Dec 22
Today, you may feel energetic and courageous, likely to purchase important household items for your home or office. Your inner strength may help you complete projects before the deadline, and disputes with siblings may be resolved. Short work-related trips are possible, increasing your network.

Capricorn Dec 23 – Jan 20
Today, the time is favourable, and you may be able to control your expenditures, leading to increased savings.
You may be busy at home, bringing in new artefacts or planning to renovate your office. There's an atmosphere of joy and happiness in the family, and lovebirds may plan to marry. Singles may find a suitable match, and kids will perform well.

Aquarius Jan 21 – Feb 19
Today, things are under control, and you may feel some new energy, giving you confidence. You may find a new way to achieve success at work, and parental businesses may reach new heights. Chronic illnesses may be cured, and you may plan an overseas trip.

Pisces Feb 20 – Mar 20
Today, you may feel upset and impatient, experiencing some health-related issues. It's advised to avoid rash driving and adventurous tours and keep an eye on hidden enemies and opponents to avoid becoming a victim of conspiracy. Avoid getting into arguments.

KIDZONE

Prisha Vohra, 8 Years, Vydehi School Of Excellence

Meghana, 11 Years, Kendriya Vidyalaya

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
10-0=1
4.125x1=4.125

BULL'S EYE
AMUSING, main, minus, musing, sigma, smug

STRIKE OUT

S	T	R	A	N	D	■	R	E	L	A	Y	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

QUICK

H	I	G	H	T	I	M	E	■	L	V	E	S	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
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FAST FIVE

E	L	D	E	R
L	A	R	G	E
F	R	O	R	E
I	V	I	E	D
N	A	T	T	Y

RIDDLER
Fun, Funk, funnel, refund & defunct

MENSA PUZZLE
B: in lines across the dot moves one corner clockwise and alternates black/white. In columns down the dot moves one corner anti-clockwise and alternates black/white.

QUOTE UNCODE
Beer makes you feel the way you ought to feel without beer.

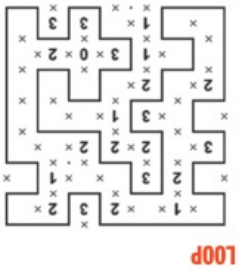
SUDOKU

5	3	8	7	4	6	9	1	2
6	7	4	1	9	2	5	3	8
9	1	2	5	8	3	6	4	7
8	6	9	2	5	4	1	7	3
1	2	5	9	3	7	8	6	4
3	4	7	8	6	1	2	9	5
2	5	6	3	7	9	4	8	1
4	8	3	6	1	5	7	2	9
7	9	1	4	2	8	3	5	6

ALPHA TRIANGLE
N, An, Ran, Earn, Raven, Tavern, Veteran.

GO FIGURE
Easy
9 + 8 – 8 – 6 = 3
Medium
9 – 8 x 3 x 6 = 18
Hard
5 / 5 + 7 x 3 = 24

LOOP



KAKURO

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